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## KETTLE LAKES PUBLIC SCHOOL

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Dear Families,

The Health and Physical Education (HPE) curriculum supports students to learn the knowledge and skills they need to make healthy and safe choices – at home, at school, and in the community – and develop habits of healthy, active living that will enhance their physical and mental well-being for the rest of their lives.

In the Grade Five Healthy Living curriculum strand, students learn about:

- ways of dealing with threatening situations, using safety strategies (e.g., being aware of your surroundings and of people's body language), and knowing how to get help in an emergency
- the effect of a person's actions (either in person or online) on their own self-concept, the feelings of others, and their reputation
- the reproductive system and body changes during puberty
- emotional changes and stress related to puberty, and ways of managing stress and enhancing mental health
- reasons why a person may drink alcohol, effects of alcohol use, and ways to respond to pressure to do things that could lead to addictions or harm (e.g., speaking clearly and strongly)
- information on food labels (including nutrition facts tables) and media influences on food choices

Later in April or during the month of May, there will be an increased focus on the Human Development and Sexual Health topics of

- reproductive system
- menstruation, sperm production
- emotional, interpersonal stresses in puberty

Education is effective when parents, schools and communities work together to support students' learning about healthy living including human development and sexual health. Students need reliable and accurate information to make safe and healthy choices. For your information, copies of the full Health and Physical Education Curriculum and parent guides, including translated material, please visit the Board website at [www.yrdsb.ca](http://www.yrdsb.ca).

If you have additional questions and wish to discuss the implementation of the curriculum, please contact your child's teacher or school principal.

Sincerely,

Principal  
Chris Reeves

Gr. 5 Teachers  
Ms. Cliff, Ms. Yu